Low Histamine Diet

General Description

Some patients with malignant carcinoid tumors excrete elevated levels of N-methylimidazoleacetic acid (N-MIAA). Ingestion of foods containing high concentrations of histamine can result in elevated levels of N-MIAA in the urine and may lead to false-positive results on diagnostic testing. This diet eliminates foods that have a high histamine content.

Indications for Use

This diet is instituted at least 24 hours prior to and during 24-hour urine collection for N-MIAA analysis. Patients should also avoid anti-histamine medications during this time.

Guidelines

The following foods should be excluded from the diet for at least 24 hours prior to and during the urine collection (1-5):

Cheese: (especially parmesan, Swiss, blue and Roquefort; Blue cheese dressing).
Allowed cheeses: American, cottage, and cream cheese

Fish/shellfish: (especially tuna, sardines, anchovy, mackerel, mahi mahi, bluefish, fish cakes and sticks, fish sandwiches).
Allowed fish/shellfish: salmon, shrimp, halibut, sole

Hard cured sausages like salami and pepperoni, dried ham

Chicken liver

Beef (especially sirloin)

Vegetables: spinach, tomatoes and food containing tomatoes, eggplant, sauerkraut

Fermented soy products including soy sauce, tamari, natto, shoyu, tempeh, teriyaki, soybean paste, fermented soybean curd (fermented tofu), miso soup

Wine (especially red), beer

References:

1. Feldman, J. Histaminuria from histamine-rich foods. Arch Intern Med 1983:143:2099-2102.

2. Rauch P, Rychetsky P, Hochel I, Bilek R, Guesdon J. Enzyme immunoassay of histamine in foods. Food & Ag Immun 1992:4:67-72.

3. Wante F, Gotz M, Jarisch R. Histamine-free diet: treatment of choice for histamine-induced food intolerance and supporting treatment for chronical headaches. Clin Experimental Allergy 1993:23:982-985.

4. Bodmer S, Imark C, Kneubuhl M. Biogenic amines in foods: histamine and food processing. Inflamm Res 1999;48:296-300.

5. Chin KW, Garriga MM, Metcalfe DD. The histamine content of oriental foods. Food Chem Toxicol 1989 May:27(5):283-7.